



NORTH OF 44

a primary care symposium

Date: October 30, 2020 Time: 8:00 am – 4:00 pm Location: WebEx

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About North of 44

As Primary Care Providers in the North, we are a distinct group from our Southern Counterparts. The North of 44 Conference was designed to meet the holistic needs of the “generalist” nature of our practices with a respect for the geographic and various service models that make up our region.

We are also hoping to create a “Community of Learning” that includes our NOSM learners, Academic and Community Physicians, Nurse Practitioners, Physician Assistants and Multidisciplinary Health Professionals. This provides us with the opportunity to create a strong network for academic growth. It will inevitably create a dynamic and powerful social medical network that is an essential framework for the integrated medical community of the future.

Conference Objectives

- Discuss updates and common guidelines for opioid use disorder, pre-exposure prophylaxis (PrEP), Parkinson’s in the elderly, hyperparathyroidism, and evidence-based medicine
- Identify the best practices for ordering, referring patients, and managing recommendations of podiatry, gynecology, rheumatology, and oncology.
- Develop networking opportunities and a greater appreciation for the exceptional work being done by our colleagues in the North. Along with a focus presentation on physician wellness.

Time	Session	Presenter
8:00 - 8:15	Welcome and Opening Remarks	Dr. Jennifer Zymantas Dr. Lynn Boissonault
8:15 - 8:45	What’s in an ANA? An approach to Rheumatological Labs & Disease Presentations <ul style="list-style-type: none">➤ Identify commonly used laboratory investigations in the diagnosis and management of rheumatic disease➤ Identify historical and physical exam features of common rheumatic diseases➤ Gain an understanding for the primacy of a proper history and physical exam, while using serology as a guide to diagnosis	Dr. Matthew Piche (Rheumatologist)
8:45 - 9:15	Essentials of Wound Management in Primary Care <ul style="list-style-type: none">➤ Learn about wound assessment and initial management➤ Make a judgement on how and where to refer wounds	Dr. Sanjay Azad (Plastic Surgeon)
9:15 - 9:45	Parkinson’s Disease <ul style="list-style-type: none">➤ Identify and list the non-motor symptoms of Parkinson’s Disease➤ Have an approach to the assessment and management of non-motor symptoms most relevant to older adults	Dr. Jo-Anne Clark (Geriatrician)

9:45 - 10:00	BREAK & EVALUATIONS – Yoga & Stretching	
10:00 - 10:30	Physician Wellness <ul style="list-style-type: none"> ➤ Identify compassion fatigue and how it develops ➤ Identify compassion fatigue in yourself and other ➤ Review strategies to deal with compassion fatigue 	Dr. Jean-Guy Gagnon (Psychiatrist)
10:30 - 11:00	JEOPARDY! Tools for Practice Edition <ul style="list-style-type: none"> ➤ Summarize high level evidence for a number of clinical questions ➤ Incorporate best evidence for common primary care questions in patient care ➤ Differentiate between interventions with minimal benefit and strong evidence for patient-oriented outcomes 	Dr. Adrienne Lindblad (Pharmacist) Dr. Tina Korownyk (Family Physician)
11:00 - 11:30		
11:30 - 12:00	LUNCH & EVALUATIONS – Cook Along!	
12:00 - 12:30	Approach to Hyperparathyroidism <ul style="list-style-type: none"> ➤ Review of calcium metabolism ➤ Hypercalcemia differential ➤ Approach to investigations and management for hyperparathyroidism 	Dr. Alescia Azzola (Endocrinologist)
12:30 - 1:00	HIV Prevention in Primary Care <ul style="list-style-type: none"> ➤ Identify opportunities for HIV prevention and risk counselling in the primary care setting ➤ Review the Canadian guidelines for use of PrEP and non-occupational PEP 	Dr. Sean Sullivan (Family Physician)
1:00 - 1:30	Demystifying Suboxone in Primary Care <ul style="list-style-type: none"> ➤ Identify appropriate primary care patients for Suboxone treatment ➤ Outline important discussion points in the conversation about Suboxone induction 	Dr. Tara Leary (Family Physician)
1:30 - 2:45	BREAK & EVALUATIONS – Mindfulness and Meditation	
1:45 - 2:15	Genitourinary Syndrome of Menopause (GSM): Current and Emerging Therapies <ul style="list-style-type: none"> ➤ Identify the prevalence of genitourinary syndrome of menopause (GSM) ➤ Review the impact of untreated GSM on quality of life ➤ Approach to current and emerging treatment options for GSM 	Dr. Sarah Wallace (Obstetrician/Gynecologist)
2:15 - 2:45	Common Primary Care Questions in Oncology <ul style="list-style-type: none"> ➤ Review Oncology questions from the primary care sphere involving systemic therapy ➤ Identify new supports available for primary care practitioner in Northeastern Ontario 	Dr. Lacey Pitre (MedicalOncologist)
2:45 - 3:00	Closing Remarks	Dr. Jennifer Zymantas Dr. Lynn Boissonnault

This 1.0 credit per hour group learning program meets the criteria of the college of Family Physicians of Canada and has been certified by the Continuing Education and Professional Development Office at the Northern Ontario School of Medicine for up to 5.5 Mainpro+ credit(s)

